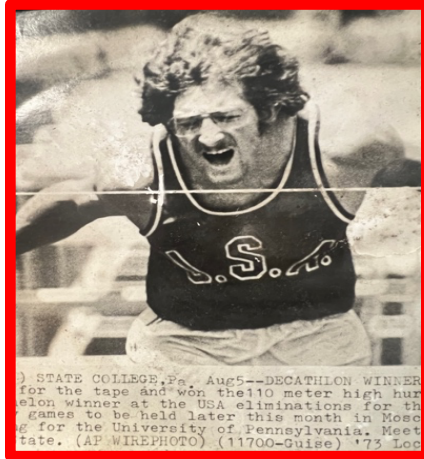


Fred Samara

Years at PENN
(1969 -1973)



PENN Team Captain Profile



Yesterday



Today

Contact Information

- Given Name: Fred Samara
- Preferred Name or Nickname: Fred

Athletic Profile: Before, During, & After PENN

- Specialty/Specialties: Decathlon, Long Jump, Pole Vault, & Sprints
- What Year(s) Team Captain: 1973

Best Time/Distance/Jump: During- Decathlon 7669, Long Jump - 24' 9 ½"

Pole Vault - 15' 9 ½", 60 yard dash – 6.1

Post Penn: Decathlon - 8077, Long Jump - 25' 2 ½ Pole Vault - 16' ¾ , 100m

10.51

- **Honors: During Penn:**

NCAA All-American 1971

HEPS Champ Long Jump 1971 & 1972

IC4A Long Jump Champ 1971

- **Post Penn:**

1976 US Olympian Decathlon

World Rank 1974 9th 1975 6th

AAU National Champion Decathlon 1975

Team Captain USA vs USSR Decathlon 1975 Team World Record

USTFCCA Hall of Fame 2017

New York PSAL Hall of Fame

University of Pennsylvania Hall of Fame

- **Memorable Performance:**

- First HEPS Championship for Penn in 1971

- US Olympic team 1976

- World team record 1975

Degree/Major @ PENN

- Wharton BS in Economics

Employment Profile

- Princeton University Track & Field Assistant Coach 1977 - 1982

- Princeton University Track & Field Head Coach 1982 - 2023

Hobbies, Passions, Retirement Activities

- Working out

- Watching old movies

The personal information contained herein will only be shared with PENN TRACK/FIELD/XC alumni who graduated between 1971 & 1980. We will NOT share the contents of this profile with anyone else.

Children/Grandchildren

- Son - Ben (38)
- Grandson - Aiden (9)